



SMART Goals

S: specific **M:** measurable **A:** achievable **R:** relevant **T:** timely

SMART Goals and action steps can keep you on track during the Challenge. Check out these examples.

EXAMPLES:

SMART Goal: I will not eat after 7:00 p.m., four nights a week.

Action Steps:

- Plan my M-F meals on the weekend
- Buy and prep the food on the weekend
- Plan to be home by 6:30 p.m. each evening, M-F
- Plan activities to distract myself from emotional eating: magazines, books, free weights, crafts, walks, a 'wellness buddy' to call for support, puzzle, computer

SMART Goal: I will do 30 minutes of moderate exercise, three days a week.

Action Steps:

- What is moderate? Read [Guide to Physical Activity](#) or [Physical Activity for Everyone](#)
- Check with your doctor for guidance
- Get the proper equipment – check your shoes!
- Decide on a place/time... during work, after work, on weekends
- Tell people who will help motivate you
- Get an exercise buddy or two
- Start slow and build – 15 minutes while at work, 15 minutes at home

SMART Goal: I will prepare a healthy dinner by 7:00 p.m., four nights a week.

Action Steps:

- Use the online nutrition tools on [Health Tools](#)
- Hold a weekend family meeting to talk about your goal and ask for support
- Hold a weekend family meeting to design four healthy dinner meal plans that everyone would eat
- Write a grocery list so you know what to buy
- Purchase the food on weekends
- Prepare as many items as you can on Sundays to prepare for the week's meals
- Obtain storage containers/bags to keep food fresh during the week
- Post your menu on the fridge or on your car dashboard
- Never go to bed on Sunday without a meal plan for the week! Take time to plan